

# JOURNEYS through EXPAND

**Providing Affordable Fitness, Leisure and Cultural Arts Programs for  
Adults with Mild Traumatic Brain Injury and other similar  
Neurological Conditions.**



## Fall Issue 31



### Tai Chi - New Class Offering Taught by Galen Pereira

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Journeys will be starting a new Tai Chi class this fall taught by Galen Pereira. Galen has studied Tai Chi for eleven years and loves sharing it with others. Galen states “Taoist Tai Chi is a soft internal martial art that is designed to promote the health and wellness of the practitioner. It was brought to America by Master Moy Lin-Shin in 1950. Tai Chi has been called a meditation in motion, and develops the internal strength of the body while stretching muscles and relaxing the mind. Through regular practice, one’s internal sense of balance is sharpened and expands. While it is a graceful and gentle expression of martial arts, there is an element of practical application that is undeniably powerful when used properly. Each class consists of about 20 minutes spent on Chi Kung/Qui Chung exercises, 10 to 15 minutes on a variety of other drills and exercises and 10 to 20 minutes learning and practicing the form. The class structure varies to accommodate the abilities and needs of the student.” See program insert for more information regarding the dates and times of class. Make sure to sign up!

Galen is also a chess coach for Chess Wiz here in Boulder and has expressed an interest in getting a chess club together for us if any of you are interested . If you are interested in joining a chess club, please email Cory Lasher at: [lasherc@bouldercolorado](mailto:lasherc@bouldercolorado), or call 303-413-7269.



**Participant Highlight - by former EXPAND Canadian Intern Melinda Markser**

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In 1996, Steve was working for UPS. After a long day of work, Steve was driving home when a teenager driving 95 miles/hour in a stolen car hit him. Steve's car flew 185 feet from the impact, flipping three times. Although the body of the car separated from the frame, the car still landed on the wheels.

Steve ended up in the hospital with a broken leg, three broken vertebrae and a brain injury. His leg needed a plate and pins. The brain injury resulted in seizures and apraxia (**a speech disorder in which a person has trouble saying what he or she wants to say correctly and consistently**). Although Steve has tried to return to work numerous times, symptoms of the brain injury (such as facial tics, stammering, spasms, and seizures) return.

The therapy that has helped Steve the most is Speech Therapy. He is still in contact with the Speech Therapist, who has helped Steve assert himself and organize his life. Activities that have helped Steve include volunteering for the Humane Society, cycling, and skiing. According to Blake and Batson (2009), "exercise may improve fitness in individuals with brain injury living in the community, and also positively impact on both primary and secondary outcomes of brain injury by improving physical skills required for daily living and increasing participant's sense of autonomy" (p. 182-183). Steve's favorite activity is golf because it involves the beautiful outdoors and it is fun way to exercise. Although there are many benefits to exercise, it has not been proven to improve social or psychological outcomes (Blake & Batson, 2009). In addition to exercise, leisure activities are recommended to improve social and psychological outcomes, enhance self-esteem, increase knowledge of community resources and self-confidence, promote wellbeing and increase quality of life (Carbonneau et al., 2011). The community resource that has helped Steve the most is having a recreation pass. It offers him the freedom of going to exercise on his own time and it also gets him out of his home. Carbonneau et al. (2011) state that individuals with severe Traumatic Brain Injury (TBI) are at "high risk for a significant decrease in social contact, friendship, and leisure activities" (p.141). Steve speaks very highly of Journeys through EXPAND. Steve feels that the program offers inclusion, accommodations/adaptations, a sense of belonging, and a discounted recreation pass.

**Offered by the City of Boulder Parks and Recreation Department  
EXPAND Program. Visit us online at [www.BoulderParks-rec.org](http://www.BoulderParks-rec.org)  
For more information call Cory Lasher, CTRS @ 303-413-7269 or  
email at: [lasherc@bouldercolorado.gov](mailto:lasherc@bouldercolorado.gov)**

## Cont: Participant Highlight

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Steve says that hardest thing to overcome from his brain injury was the loss of memory and organization. He believes this was the hardest because he doesn't feel sharp; he feels vulnerable. He jokingly says "whatever doesn't kill you, could kill you" Steve's advice for someone who has just acquired a brain injury is to come to Journeys through EXPAND. "You'll find resources, great people, and amazing programs."

Blake, H., & Batson, M. (2008). Exercise intervention in acquired brain injury rehabilitation: A discussion. *International Journal Of Therapy & Rehabilitation*, 15(4), 180-185.

Carbonneau, H., Martineau, É., Andre, M., & Dawson, D. (2011). Enhancing Leisure Experiences Post Traumatic Brain Injury: A Pilot Study. *Brain Impairment*, 12(2), 140-151.  
doi:10.1375/brim.12.2.140



### Journeys Trip to the Zoo

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Our trip to the Denver Zoo on June 5th was a lot of fun and the weather was perfect! Most of us were able to attend two different shows featuring the Black Rhinoceros and Sea Lions. Journeys will be visiting the Wildlife Sanctuary located in Keenesburg on August 26th. The Wildlife Sanctuary, specializes in rescuing carnivores that were born in captivity and were victims of human immoderation. See program insert for more details!

**Looking for a medical  
provider? A participant of  
Journey's found this site  
to be very helpful.**

**<http://medicalquest.com>**